

DEPENDENT UPON IT 20 YEARS

Lydia E. Pinkham's Vegetable Compound Has Been This Woman's Safeguard All That Time.

Omaha, Neb.—"I have used Lydia E. Pinkham's Vegetable Compound for over twenty years for female troubles and it has helped me very much. I have also used Lydia E. Pinkham's Sanative Wash with good results. I always have a bottle of Vegetable Compound in the house as it is a good remedy in time of need. You can publish my testimony as every statement I have made is perfectly true."—Mrs. J. O. Bismuth, 2424 S. 20th Street, Omaha, Nebraska.

Women who suffer from those distressing ills peculiar to their sex should be convinced by the many genuine and truthful testimonials we are constantly publishing in the newspapers of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health. To know whether Lydia E. Pinkham's Vegetable Compound will help you, try it! For advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal—harsh—unnecessary. Try CARTER'S LITTLE LIVER PILLS.

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Correct constipation, biliousness, sick headache and indigestion. Small Pill—Small Dose—Small Price. DR. CARTER'S LITTLE LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness. Genuine must bear signature *Dr. Carter*

But the Other Kind.

"I don't believe in these spiritualistic seances. I went to some, and I tell you I've got the spirits bottled up." "I wish I had."

HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed up with a cold or nasty catarrh.—Adv.

When a man is financially embarrassed he is apt to feel that he has friends who only feel sorry for him.

HAD LOST HOPE

But Doan's Effected a Complete Recovery After Other Remedies Failed. Now in Good Health.

Mrs. J. A. Stittworth, E. Bell Ave., Red Key, Ind., says: "Kidney trouble came on me suddenly and before I realized it I was in a critical condition. My body bloated and my feet and ankles swelled like to balloons. The kidney secretions burned terribly in passage. My face pulled up and the flesh under my eyes and on my cheeks hung down in folds. I had smothering spells, when I thought I would die. So much water had collected under my skin, I weighed 170 pounds, a gain of 45 pounds. My sight failed and little black specks passed before my eyes. I felt drowsy and was so nervous, I couldn't stand the least noise. Rheumatic pains darted all through me and it felt as if every nerve in my body was affected. Medicine didn't help me and I had little hope or strength left. Finally I used Doan's Kidney Pills and they restored me to health. I am now well and strong."



Mrs. Stittworth
Doan's Kidney Pills
Notary Public.

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Old Folks' Coughs
will be relieved promptly by Piso's. Stops short tickles; relieves irritation. The remedy tested by more than fifty years of use is

PISO'S

WHEN THE CLOUDS GATHER

"Birth" of Thunderstorm, as Seen by Airmen, is a Remarkable and Beautiful Spectacle

Have you ever been in the air to watch a thunderstorm grow? asks Popular Mechanics Magazine. If you were merely on the ground looking up, then you saw only the bottom of it. The airman is the one who sees just what is happening in a thunderstorm.

A few hours before the sky was, perhaps, perfectly clear. All at once a few white patches become visible to the eye, and if they quickly begin to dot the whole sky, it is a warning sign. Each fluffy cloud represents the point where moisture rising from the earth has begun to condense. The rapid formation of the clouds means uneven heating of the surface of the earth and the presence of lots of moisture in the air. The clouds grow together, forming a continuous rolling mass of dense vapor, cutting off the flyer's view of the earth.

So far the storm has only been threatening. The clouds have spread sideways as far as they can; now they begin to grow heavier. The heated air from the earth below pushes through the heavy layer and bulges it upward. Higher and higher it is pushed while more and more moisture condenses, and this great bulging mass of vapor, sometimes three or four miles high, has become a thunder cloud. Its bulging tops are called thunder peaks or thunder heads, and they are responsible for the lightning, the heaviness of rainfall, and the hail we sometimes have in midsummer.

The energy of a thunderstorm is amazing. A single great cloud may contain billions of pounds of water vapor. The flashes of lightning from cloud to cloud are sometimes 20 miles in length, and when we stop to think that it takes a current of 15,000 volts pressure to produce a spark an inch long, we can only wonder at the immense amount of electricity involved in a single flash. Sometimes the wind from a thundercloud, or the squall, as it is called, is violent enough to level trees and small buildings, and is improperly called a tornado. There is a big difference. A tornado is a violent whirlpool of air that sweeps across the country and twists off trees and roofs in its path. The wind from a thunderstorm blows straight away from the storm and never twists.

Broadly speaking, there are three general stages in the development of a thunderstorm. There must be strong currents of moist air rising from the earth, as indicated by the appearance of the white patches of cloud. This condition must continue until the sky is covered. And lastly, the force of these upward currents must be great enough to push the clouds up into thunder heads. A thunderstorm then results.

Opportunities on the Farm.

There was a time when the idea was altogether too common, that the occupation of farming was a sort of junk pile where fate threw human discards who lacked ambition intelligence or perseverance enough to succeed in any other calling in life, observes the Christian Herald. Then along in the late nineties there was a "back to the land movement," and "mossback" and "hayseed" were relegated to the columns of obsolete slang.

The farmer sees life and growth on every hand. Even in winter, in the localities where the landscape seems a symbol of death with snow and ice holding everything in its grasp, there is the hope of renewed life, or resurrection as it were, typified by the stores of seed grain laid away for the next spring's planting.

Truly, on the farm there are special opportunities for observation and thought and happy is the farmer whose thoughts go deeper than the bottom of his milk pail and whose pasture fences are not the boundaries of his horizon.

Making Starch From Potatoes.

The manufacture of starch from potatoes is not a complicated process, the drying, however, being somewhat painstaking. The tubers are first cleaned, then ground. This sets the granules of starch free. The ground mass is then washed with cold water and the starch settles at the bottom. This is collected into vats, spread out on shelves and artificially heated. It dries into lumps and is then the commercial starch. The residue from this manufacture is like alcohol mash, a valuable cattle food. It may also be used as fertilizer. With characteristic wastefulness we in this country have thrown it away.

English Call This Humor.

Dobson—I've got a fine riddle for you, old man.
Hobson—Really? Out with it.
Dobson—If there's a pile of boxes outside a drapery store, and a man walks round them, what is his name?
Hobson—Haven't the faintest idea.
Dobson—His name is Mitchell.
Hobson—How do you make that out?
Dobson—Remember his father's name was Mitchell, you silly chump!—London Tit-Bits.

She Wanted to Know.

"John, I want to ask you something."
"Well, my dear?"
"When we were married, didn't you say: 'With all my worldly goods I thee endow?'"
"I did."
"Then I want to know why you issue them to me on the installment plan, in such small lots and only after wearisome urging?"

"DANDERINE" PUTS BEAUTY IN HAIR

Girls! A mass of long, thick, gleamy tresses



Let "Danderine" save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor and vitality.
Get a 35-cent bottle of delightful "Danderine" at any drug or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs this stimulating tonic; then its life, color, brightness and abundance will return—Hurry!—Adv.

Names Baby Marine Cora Haverly. Sergt. Oran B. Haverly, United States marine corps, San Francisco, and Mrs. Haverly announce the birth of a daughter, who will be christened "Marine Cora Haverly."

In requesting a furlough and announcing the birth of the child to his commanding officer, the marine used the Biblical quotation: "Train up a child in the way it should go; and when he is old he will not depart from it." Sergt. Haverly explained that he wanted a boy, but as he could not hope ever to enlist his child in the corps, he had done the best he could to make a good Marine of her. He got his furlough.

RUB RHEUMATIC PAIN FROM ACHING JOINTS

Rub Pain Right Out With Small Trial Bottle of Old "St. Jacobs Oil."

Stop "dosing" Rheumatism. It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Oil" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain and distress. "St. Jacobs Oil" is a harmless rheumatism liniment which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache and neuralgia.

Limber up! Get a small trial bottle of old-time, honest "St. Jacobs Oil" from any drug store, and in a moment, you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.—Adv.

Careful! With the Bawbees.

The stingiest man I know lived in a suburban town. He called up his home (at his firm's expense for toll) to have a steak for dinner, as he was bringing home a guest. The plans of the guest were changed and he couldn't go, so this man called up his home again shortly before dinner and told them to take the steak back and get some chops instead. He is considered to be worth over half a million dollars and owns a beautiful home.—Exchange.

EASIER FOR HER TO DYE THAN TO BUY

"Diamond Dyes" Turn Faded, Shabby Apparel Into New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers—everything! Direction Book in package tells how to diamond dye over any color. To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Some Housekeeping.

In order to serve its patrons, one of the large New York hotels requires in a single year 375,000 pounds of butter, 500,000 quarts of milk, 90,000 quarts of cream, and more than 2,000,000 eggs. In one year the laundry department of the same establishment handles about 15,000,000 pieces of work.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Pertinent Comparison.

"How fast the winter days do fly!"
"Mercy, yes! Time goes about as fast as a ton of coal."

Stop the Pain.

The hurt of a burn or a cut stops when Cole's Carbolicum is applied. It heals quickly without scars. See and see by all druggists. For free sample write The J. W. Cole Co., Rockford, Ill.—Adv.

One of the queer things about a man is the way he thinks it is impossible for any woman not to admire him.

Home Town Helps

QUALITIES OF IDEAL CITY

Result That May Be Attained If Each Will Do His Part in Working for Desired End.

A city, sanitary, convenient, substantial; Where the houses of the rich and poor are alike—comfortable and beautiful;

Where the streets are clean and the sky line is clear as country air; Where the architectural excellence of its buildings adds beauty and dignity to its streets;

Where parks and playgrounds are within reach of every child; Where living is pleasant, toil honorable, and recreation plentiful;

Where capital is respected, but not worshipped; Where commerce in goods is great, but no greater than the interchange of ideas;

Where industry thrives and brings prosperity alike to employer and employed; Where education and art have a place in every home;

Where worth and not wealth gives standing to men; Where the power of character lifts men to leadership;

Where interest in public affairs is a test of citizenship and devotion to the public weal is a badge of honor;

Where government is always honest and efficient and the principles of democracy find their fullest and truest expression;

Where the people of all the earth can come and be blended into one community life, and where each generation will vie with the past to transmit to the next a city greater, better, and more beautiful than the last.—Mayo Fesler.

DO THOROUGH CLEANUP JOB

Housewives and Communities Should Vie With Each Other in the Annual Renovation.

Spring is not only a season for gathering violets and picking the May flowers, or trailing arbutus. It is also the season for heating carpets and rugs, raking up the back yard and front lawn, clearing out the cellar and the garret and making home spick and span. This is highly important work, notwithstanding the discomfort which it inflicts on a certain member of the family who never seems to be keenly interested in housekeeping and housecleaning. But he is an unimportant member of the household, and there is no particular reason why he should be considered. As a matter of fact he seldom is considered. It is his fate and he expects it.

While the house and back yard and front lawn are getting their annual renovation the wise and tidy people of the neighborhood ought not to overlook the back lot or the vacant lot, or the bit of common that too often becomes the junk pile of the neighborhood. Get together and clean it up also! A tidy neighborhood adds to the comfort and happiness of everybody and his visitors, and also adds to the property value of everybody's holdings.—Exchange.

Christmas Tree in City Park.

To transplant a Christmas tree from a near-by forest to the courthouse square or the city park is the latest idea in community Christmas plans for Badger cities and towns, according to Miss Emma Conley of the University of Wisconsin extension division. Such tree-planting aids in the conservation of trees as well as in the forming of associations and customs connected with a permanent Yuletide tree.

Norway, white, and other varieties of spruce and balsam are among the best trees to transplant, Miss Conley says, and a good time to make the change is while the ground is frozen and the sap in the tree is not running. A 20-foot tree is about proper size to transplant. The cost of transplanting such a tree is not great and the undertaking may be conducted by women's clubs, parent-teachers' organizations, suffrage leagues, chambers of commerce and civic improvement societies.

Park Adds to Realty Values.

Park reservation serves a distinct practical purpose, providing always an element of permanence to a neighborhood which serves to fix the real estate values in the region. Owners facing a park know the outlook is thus secured for all time and they build and settle with confidence. Business in some instances may encroach, but the desirability of the region, as far as open spaces are concerned, can never be seriously impaired and property with secured advantages passes always at a premium over property unsecured.—From "Report on a Park System for Little Rock," by John Nolen, Landscape Architect.

The Time for Attention.

"There's a time for everything."
"Of course. That's why we don't pay any attention to getting the snow off the streets until it is warm enough for a good thaw."

"Pink tea." Eva is another name for a scandal function.

Microbes have sense enough to pass up tobacco and whisky.

To Line Roads With Trees.

The time will come when every state will plant and protect trees along highways. At present the enlightened are inclined to look on the more enlightened as faddists or cranks when they insist that no program of public improvement is complete that does not include trees for public roads.

Alabastine

Instead of kalsomine or wallpaper



Beautiful—Sanitary—Durable—Economical for Homes, Schools, Churches and all Interior Wall Surfaces

Alabastine can be applied to plastered walls, wallboard, over painted walls that have become soiled, or even over soiled wallpaper solid on the wall and not printed in aniline colors.

Alabastine is a dry powder, ready to mix with pure, cold water, full directions on each package. Alabastine is packed in white and beautiful tints. These, by combining and intermixing, enable you to carry out individual color plans in matching rugs and draperies. Alabastine is used in the finest residences and public buildings, but priced within the reach of all.

You will readily appreciate the economy of Alabastine over paint or wallpaper, and its results will be most gratifying.

New walls demand Alabastine, old walls appreciate Alabastine.



If your local dealer cannot or will not supply you, take no substitute but write for Alabastine designs and we will give you name of nearby dealer.

Alabastine Company

1645 Grandville Ave., Grand Rapids, Mich.



Harvest 20 to 45 Bushel to Acre Wheat in WESTERN CANADA



Think what that means to you in good hard dollars with the great demand for wheat at high prices. Many farmers in Western Canada have paid for their land from a single crop. The same success may still be yours, for you can buy on easy terms.

Farm Land at \$15 to \$30 an Acre located near thriving towns, good markets, railways—land of a kind which grows 20 to 45 bushels of wheat to the acre. Good grazing lands at low prices convenient to your grain farm enable you to reap the profits from stock raising and dairying.

Learn the Facts About Western Canada—low taxation (none on improvements), healthful climate, good schools, churches, pleasant social relationships, a prosperous and industrious people.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., write Department of Immigration, Ottawa, Canada, or

G. A. COOK, DRAWER 197, WATERTOWN, S. DAK.; R. A. GARRETT, 311 JACOBSON ST., ST. PAUL, MINN. Canadian Government Agents.

Lava Blanket Conceals Gold.

Prospectors arriving at Nome, Alaska, recently told of a great valley of placer gold ore believed buried beneath a huge age-old blanket of lava which stretches for miles along the right shore of the Innachuk river in the Kotzebue country near Nome. A gold bearing gravel has been found by miners who have attempted to tunnel under the rim of the lava sheet. Drills will not penetrate the lava, the prospectors said. One "sourdough" miner, H. L. Stull, said he tried to break the lava with power drill last summer, but failed.

Jars in Cleopatra's Needle.

Will the workmen who are busy repairing the base of London's Cleopatra's needle disturb the jars which were placed in the pedestal when the monolith was erected? The jars contain British coins, a translation of the meaning of the hieroglyphics inscribed on the monument, a railway guide, a number of children's toys, copies of newspapers, a map of London, a translation into several languages of St. John 3-16, a history of the monument and its journey to London, and many other things. This was after the custom of the ancient Egyptians.

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TRAMP'S PLEA THAT FAILED

Sufferer Quite Unable to See Style of "Splitting and Hacking" Proposed by Farmer's Wife.

Lawson Purdy, secretary of a charity organization, said in a brilliant address on charity in New York:

"Charity bestowed on the professional beggar is worse than wasted. A gaunt scarecrow with a red nose knocked at the back door of a farm house one bitter December day.

"'Charity, lady,' he croaked. 'Charity for the sake of the Christmas feast won't approach!'

"Here he coughed dismally. 'Lady,' he went on, 'I got a split-lin' headache and a hackin' cough, and—'

"But the wise farm woman interrupted him.

"'A split-lin' headache and a hackin' cough?' she said. 'Then you won't mind goin' out to the woodshed and split-lin' the kindlin' and hackin' them oak logs. When you're through I'll give you a meal of—'

"But the sufferer with a gesture of rage and disgust was already hurrying off."

Move Large Building.

A three-story reinforced concrete and brick building measuring 60 by 95 feet and weighing 3,000 tons, at Detroit, was moved 450 feet at the rate of 50 feet a day, being occupied meanwhile for its regular uses and without interruption of telephone, light, or power service.

Russians who are religious do not eat pigeons, because of the sanctity conferred on the dove in the Scriptures.

A Morning Dish Of Grape-Nuts

certainly does hearten one up for the day. Why shouldn't it? Grape-Nuts is ready-cooked, ready-sweetened, and contains just those good elements nature requires for the strength to do things.

Make Grape-Nuts your home cereal
"There's a Reason"